Nine Exercises for Accessing Potential

We access the realm of infinite potential through: intuition, inspiration, aspiration, imagination, dreams, wonder, meditation, mysticism, and play. Here are a variety of exercises you can do with these different portals.

Intuition Exercise
Have blank paper and pen handy. For each word below, write down the first several words that come to you, without censoring, judging, or thinking. Write until you reach a pause in your mind, then stop.

- Mailbox
- Sky
- WalMart
- Fun
- Purple
- Slow
- Thirst
- Five
- Ear
- Dirt

Inspiration Exercise
You need 3x5 cards or post-its or other separate pieces of paper.

Choose any one of the word sets from the Intuition Exercise – the original word and the additional words you wrote down. Choose one set that has at least five words in it. Write each of the words on a different piece of paper. Now arrange those pieces of paper in different physical configurations in front of you – on the floor or on a wall surface. Keep shuffling them until you get some ‘aha!’ – some ‘click’ into a new idea, a meaning that has meaning for you, a burst of energy that leads you to think or do something else.

Now add in another set of words, so that you have two sets in front of you. Again, shuffle them around until some new idea or meaning comes through.

Reflect on what just happened.

Aspiration Exercise
Aspiration is about hope, promise, vision, desire reaching into the future. Pretend a candidate running for president of the United States on the theme of hope has commissioned a research project to find out what it is the people hope for, and you have been asked to participate in this research. The question to you is, What do you hope for
for the United States over the next 5-10 years? Answer in one written paragraph, letting the words flow without thinking too hard about it. Trust what comes.

Now re-read your paragraph and sit quietly with it. Notice how you feel. What element(s) of your paragraph would you recommend that the candidate include in a campaign speech?

Imagination Exercise
Answer the following questions, using your imagination without judgment. The answers don’t have to be rational or ‘good;’ they can be silly or ‘out of the box.’

Turn a chair over in the middle of your floor. Now walk around it, look at it from above, from below, from every angle possible. Write down as many things as you can think of that it could be.

Dreams Exercise
Before going to sleep, tell yourself that you will remember your dreams. Write down whatever you remember on waking up. This may take several tries before you actually remember (or you might do it on the first night). Take any one element of the dream – it doesn’t have to be a ‘significant’ part, just anything at all in the dream – and ‘become’ it – that is, speak as that part, in the first person. And then describe yourself as that thing - ‘I am the …., and I am………. Listen carefully as you describe yourself as that thing: your actions, your wants and desires, your physical description, your relationship to other parts of the dream, etc., and notice which of those statements (all made in the first person, ‘I’) are in fact true about you in your current waking life.

Wonder Exercise
Wonder is the state of innocence and awe. It occurs when we slow down, notice, and appreciate the mystery in something. Pick some object in your immediate surroundings – any object will do. Now give your full attention to that object from a state of complete wonder and awe. Oh, wow, look at that! What IS this? How incredible! How did it come to be what it is? Who made it? How? and Why? What was their life like? What is it made of? Where did that come from? Wow…

Meditation Exercise
Meditation comes in many forms. If you have a meditation practice that you are already familiar with, do that for five minutes. If not, sit quietly, spine erect, close your eyes, and simply notice your breath. ‘Oh, now I’m breathing in…now I’m breathing out.’ When your mind wanders, gently and without judgment bring it back to the breath. When you are in a good, slow rhythm with this, simply ask for a message about your life to come to you through an image or a word or phrase or sound. Trust the first thing that comes. Do not try to ‘understand’ it, or discard it for something ‘better.’ Just sit with whatever
comes, and breath into it. Be present with it. Let it grow and change if it wants to, or not. Simply be a witness to this message from some other dimension of yourself. If you wish, you may draw it or write about it in a journal.

**Mysticism Exercise**
Mysticism has to do with the direct experience of Oneness, Love, Truth, Peace, Beauty, or any of the other ‘capital letter words’ that are our common human ideals. The best place to experience this is in the natural world. Go out to a forest, meadow, river, lake, garden, ocean, desert, mountain, plain, or any other place in nature that you can get to. Find a spot that feels ‘right.’ Sit. Quiet your mind by focusing on your breathing. Look around you – up, down, to the sides, in front and in back. When one thing particularly catches your eye, stay with it, be with it. Be with it fully, in a state of love and appreciation. Feel into it. Breathe into it. Let yourself be it. When you are done, offer your gratitude and quietly depart.

**Play Exercise**
Look at the picture below.

![Labyrinth Image](image)

In all of the directions below, consider that this image could be any size, any spatial orientation, two or three dimensional, etc.

Now design a game that a three-to-five-year-old would enjoy playing involving this image.

Now design a game that a group of teenagers would enjoy playing involving this image.

Now design a game that a group of adults would enjoy playing involving this image.

Test out your games – that is, actually play the games (to the extent possible) with the people in your lives (or in the room).

If you have a young child or a teenager in your life, show them the picture and ask them to design a game with it.